

# MyPyramid for Healthy Eating During Pregnancy



## GRAINS

Make half your grains whole

Eat at least 3 oz of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz is about:

- 1 slice of bread
- 1 cup of breakfast cereal
- 1/2 cup of cooked rice, cereal, or pasta

## VEGETABLES

Vary your veggies

Enjoy more dark-green veggies like broccoli, spinach, and other dark leafy greens

Include more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

## FRUITS

Focus on fruits

Enjoy a variety of fruit

Choose frozen, canned, or dried fruit

Go easy on fruit juice

## MILK

Get your calcium-rich foods

Choose reduced-fat, low-fat, or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

## MEAT & BEANS

Go lean with protein

Choose lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine

- choose more fish, beans, peas, nuts, and seeds

3 oz of protein is about:

- the size of a deck of playing cards

## DAILY GOAL

6 oz every day

## DAILY GOAL

2½ cups every day

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2 cups every day

## DAILY GOAL

3-4 cups every day  
(Teens need 4 to 6 cups)

## DAILY GOAL

7½ oz every day

**We all know one size doesn't fit all.** MyPyramid is designed to help you choose foods and portions that are good for you and your growing baby. This brochure will help guide you in the following:

- Making smart choices from each food group
- Finding balance between food and physical activity
- Getting the most nutrition out of your calories

You will also find helpful information on topics like breast feeding and folate.



## FIND YOUR BALANCE

- Ask your healthcare provider about the amount of weight gain that is right for you
- Stay within your daily calorie needs
- If your healthcare provider approves, be physically active for at least 30 minutes most days of the week
- Avoid activities that may cause you to fall or have abdominal injury



## KNOW YOUR LIMITS

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods containing these fats
- Check the nutrition facts label and choose foods that are low in saturated fats, trans fats, and sodium
- Choose food and beverages low in added sugars



